STAY FIT AND RECOVER FAST

HOW TO RECOVER FROM A TOUGH TRIATHLON SEASON, WITHOUT LOSING FITNESS OR PILING ON THE POUNDS

The problem is, slob around too much and you’ll lose all your hard-earned fitness or start piling on the pounds. On the other hand, train too much now and you’ll begin the winter full of tiredness, putting yourself at risk of colds, fatigue and loss of motivation. So you need to be clever and combine rest with training. And that’s exactly what this four-week training plan will help you achieve.

There are two plans here. One is for the ‘Time Rich’ and takes seven-hours per week, while the other is for the ‘Time Poor’ and takes five hours. Choose whichever one suits you best — there’s no right or wrong.

The general idea is to keep training at a low level, with plenty of short, non-weight bearing sessions that don’t place much stress on your body or eat up too much time. There are also a few opportunities for non-triathlon training, to give you a mental and physical break from the routine of swim, bike and run. I’ve also scheduled activities like Pilates and circuit training to give you a strength and stability headstart for the winter ahead.

Before you get cracking, take a few minutes to read the Training Zones and Key (opposite page). Once you’re familiar with the abbreviations, the training plans will make a lot more sense. Feel free to swap the sessions about onto different days.

If, after the first week, you don’t feel like you’re doing enough triathlon training, that means you’re doing it right. Before you know it you’ll be rested, strong and eager to train once the winter really kicks in.

Meet the expert

Phil Mosley

Mosley is an elite triathlete and has successfully coached dozens of athletes to success at all levels of racing, from sprint to Ironman

How it works

Get your guide ready to go

Cut out the guide following the dotted outline

Fold the guide in quarters using the fold guides

Now carry it with you for reference while training

Before beginning this plan you should already be able to:

- Ride your bike for at least 60 minutes
- Run for at least 30 minutes
- Swim 300 metres non-stop
**THE PLAN**

**RECOVERY: TIME RICH**

**TRAINING ZONES**

Using these Training Zones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness, as well as making sure you don’t overdo it.

You can either estimate your intensity, using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they’re not essential for these plans.

These training zones are only a guide, so don’t worry about being overly precise with heart rates because they’ll fluctuate anyway. It’s good to be mindful of your intensity but it’s even more important that you get out there and enjoy your training.

**ZONE 1** (Z1) Recovery
60 to 65% of your maximum. Easy pace, feels nice and light.

**ZONE 2** (Z2) Steady
65 to 70% of your maximum. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

**ZONE 3** (Z3) Tempo
75% to 80% of your maximum. A fairly hard, but sustainable pace.

**ZONE 4** (Z4) Race tempo
80 to 90% of your maximum. A hard pace that requires real focus to sustain.

**KEY**

- **WU** Warm up
- **WD** Warm down
- **MAIN** Main set
- **FC** Front crawl
- **KICK** Kick with a float held out in front of you
- **PULL** Front crawl with a pull float between thighs,
- **BUILD** Swim each 25m slightly faster than the previous,
- **FISTS** Swim front crawl with clenched fists,
- **BACK** Backstroke
- **PULL ANKLES** Front crawl with a pull float between ankles

---

### WEEK 01

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim 1hr 30min WU 30min FC 100m BACK, 100m KICK 100m FRONT, 15min FISTS, 30min PULL ANKLES, 15min PULL, 30min PULL and 20min PULL</td>
<td>Run 30mins WU 4mins in Z1, 4mins in Z2, 4mins in Z3 including 6x30secs sprints, 5mins in Z4</td>
<td>Swim 1hr 30min WU 30min FC 100m BACK, 100m KICK 100m FRONT, 15min FISTS, 30min PULL ANKLES, 15min PULL, 30min PULL</td>
<td>Bike 45mins, indoor trainer or outdoor cycling, 30min PULL</td>
<td>Bike 45mins, indoor trainer or outdoor cycling, 30min PULL</td>
<td>Bike 45mins, indoor trainer or outdoor cycling, 30min PULL</td>
<td>Any other active sport 40mins, 1 hour doing something different like ball sports, gym, watersports, hiking etc.</td>
</tr>
</tbody>
</table>

### WEEK 02

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim 1hr 30min WU 30min FC 100m BACK, 100m KICK 100m FRONT, 15min FISTS, 30min PULL ANKLES, 15min PULL, 30min PULL</td>
<td>Run 30mins WU 4mins in Z1, 4mins in Z2, 4mins in Z3 including 6x30secs sprints, 5mins in Z4</td>
<td>Swim 1hr 30min WU 30min FC 100m BACK, 100m KICK 100m FRONT, 15min FISTS, 30min PULL ANKLES, 15min PULL, 30min PULL</td>
<td>Bike 45mins, indoor trainer or outdoor cycling, 30min PULL</td>
<td>Bike 45mins, indoor trainer or outdoor cycling, 30min PULL</td>
<td>Bike 45mins, indoor trainer or outdoor cycling, 30min PULL</td>
<td>Any other active sport 40mins, 1 hour doing something different like ball sports, gym, watersports, hiking etc.</td>
</tr>
</tbody>
</table>

### WEEK 03

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim 2hr WU 2hr 30min FC, 100m BACK, 100m KICK 100m FRONT, 15min FISTS, 30min PULL ANKLES, 15min PULL, 3min WU 60min</td>
<td>Run 30mins WU 4mins in Z1, 4mins in Z2, 4mins in Z3 including 6x30secs sprints, 5mins in Z4</td>
<td>Swim 2hr WU 2hr 30min FC, 100m BACK, 100m KICK 100m FRONT, 15min FISTS, 30min PULL ANKLES, 15min PULL, 3min WU 60min</td>
<td>Bike 45mins, indoor trainer or outdoor cycling, 30min PULL</td>
<td>Bike 45mins, indoor trainer or outdoor cycling, 30min PULL</td>
<td>Bike 45mins, indoor trainer or outdoor cycling, 30min PULL</td>
<td>Any other active sport 40mins, 1 hour doing something different like ball sports, gym, watersports, hiking etc.</td>
</tr>
</tbody>
</table>

### WEEK 04

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim 1hr 30min WU 30min FC 100m BACK, 100m KICK 100m FRONT, 15min FISTS, 30min PULL ANKLES, 15min PULL, 3min WU 60min</td>
<td>Run 30mins WU 4mins in Z1, 4mins in Z2, 4mins in Z3 including 6x30secs sprints, 5mins in Z4</td>
<td>Swim 1hr 30min WU 30min FC 100m BACK, 100m KICK 100m FRONT, 15min FISTS, 30min PULL ANKLES, 15min PULL, 3min WU 60min</td>
<td>Bike 45mins, indoor trainer or outdoor cycling, 30min PULL</td>
<td>Bike 45mins, indoor trainer or outdoor cycling, 30min PULL</td>
<td>Bike 45mins, indoor trainer or outdoor cycling, 30min PULL</td>
<td>Any other active sport 40mins, 1 hour doing something different like ball sports, gym, watersports, hiking etc.</td>
</tr>
</tbody>
</table>
**Training Zones**

**Recover Fast Plan**

Recoup strength and get set for winter training on five hours a week.

**WEEK 01**
- **Pilates 30 minutes DVD**
- Run 30 mins: **WU 10 mins in Z2 MAIN 10 mins in Z2 WD 10 mins in Z2**
- **Swim 15 mins: WU 200 m FC, 200 m KICK MAIN 200 m FC, 200 m KICK WD 200 m FC, 200 m KICK**
- **Bike 45 mins: Z2 (20 secs rests)**

**WEEK 02**
- **Pilates 30 minutes DVD**
- **Run 30 mins: WU 10 mins in Z2 MAIN 10 mins in Z2 WD 10 mins in Z2**
- **Swim 15 mins: WU 200 m FC, 200 m KICK MAIN 200 m FC, 200 m KICK WD 200 m FC, 200 m KICK**
- **Bike 45 mins, indoor trainer or outdoor road ride WU 10 mins in Z2, MAIN 15 mins in Z2 WD 10 mins in Z2**

**WEEK 03**
- **Pilates 30 minutes DVD**
- **Run 30 mins: WU 10 mins in Z2 MAIN 10 mins in Z2 WD 10 mins in Z2**
- **Swim 15 mins: WU 200 m FC, 200 m KICK MAIN 200 m FC, 200 m KICK WD 200 m FC, 200 m KICK**
- **Bike 45 mins: indoor trainer or outdoor road ride WU 10 mins in Z2, MAIN 15 mins in Z2 WD 10 mins in Z2**

**WEEK 04**
- **Pilates 30 minutes DVD**
- **Run 30 mins: WU 10 mins in Z2 MAIN 10 mins in Z2 WD 10 mins in Z2**
- **Swim 15 mins: WU 200 m FC, 200 m KICK MAIN 200 m FC, 200 m KICK WD 200 m FC, 200 m KICK**
- **Bike 45 mins: indoor trainer or outdoor road ride WU 10 mins in Z2, MAIN 15 mins in Z2 WD 10 mins in Z2**

**Training Zones**

**Using these**

Training Zones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness, as well as making sure you don’t overdo it.

You can either estimate your intensity, using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they’re not essential for these plans.

These training zones are only a guide, so don’t worry about being overly-precise with heart rates because they’ll fluctuate anyway. It’s good to be mindful of your intensity but it’s even more important that you get out there and enjoy your training.

**Zone 1 [Z1]**
- **Recovery**
- 60 to 65% of your maximum. Easy pace, feels nice and light.

**Zone 2 [Z2]**
- **Steady**
- 65 to 75% of your maximum. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

**Zone 3 [Z3]**
- **Tempo**
- 75% to 80% of your maximum. A fairly hard, but sustainable pace.

**Zone 4 [Z4]**
- **Race tempo**
- 80 to 90% of your maximum. A hard pace that requires real focus to sustain.

**Key**

- **WU** Warm up
- **WD** Warm down
- **MAIN** Main set
- **FC** Front crawl
- **KICK** Kick

A float with a hold out in front of you. **PULL** Front crawl with a pull float between thighs, **BUILD** Swim each 25 m slightly faster than the previous, **FISTS** Swim front crawl with denched fists, **BACK** Backstroke, **PULL ANKLES** Front crawl with a pull float between ankles.

**Stay in the Training Zone with Triathlon Plus**

- **Fold 1**
- **Sun** Sun
- **Mon** Mon
- **Tues** Tues
- **Wed** Wed
- **Thurs** Thurs
- **Fri** Fri
- **Sat** Sat
- **Sun** Sun

- **Any other active sport 40 mins: Bike or running, or doing different activities like ball sports, gym, watersports, hiking etc.**

- **Rest day**

86 Triathlon Plus November 2011